Summary Safety

Practice prevention and supervision to keep kids safe outside.

Three Things You Can Do

- Think "Safety First"
- Bring a First Aid kit with you
- Prevent injuries and accidents

Backyard

1. Make sure all fences and gates are in good repair and secure
2. Remove any poisonous plants. (Call poison control at **1-800-222-1222**)
3. Make sure children drink plenty of water and stay in the shade
4. Apply sunscreen, at least SPF15, (with parental permission) even when it's cloudy
5. Keep infants under 6 months under a tree, umbrella or the stroller canopy

Pool

1. Supervise children **constantly**. **Never** leave children alone near water
2. Secure all unattended pools and spas. Children can drown in 1" of water
3. Keep rescue equipment and a portable phone near the pool
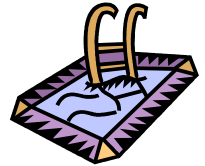
Bugs

1. Avoid areas where insects nest or congregate
2. Don't dress kids in bright colors or flowery prints
3. Use DEET in concentrations of 30% or less (with parental permission)
4. Check kids for ticks, which can carry Lyme disease

Public Playgrounds

1. Avoid playgrounds with rusted or broken equipment
2. Avoid playground with dangerous surfaces such as concrete or asphalt

Bikes and Walking

1. **Always** wear a helmet when riding a bike or scooter
2. Never let a child under 10 cross the street alone
3. Be sure to look left, right, and left before crossing, always use sidewalks, and always cross at the crosswalk

Cars

1. Always lock your car and keep the keys out of children's reach
2. Never leave children alone in a vehicle. Make sure all children have exited
3. Watch children closely during loading and unloading

For more information

- About **EEC regulations**, call your licensor or EEC at (617) 988-6600
  or the EEC website — www.mass.gov/eec
- National SAFE KIDS Campaign — www.safekids.org
- Consumer Product Safety Commission — www.cpsc.gov
- Massachusetts Department of Public Health — www.mass.gov/dph/
- American Academy of Pediatrics — www.aap.org

Send this page home to your children's parents!

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